

News

Recruiters honored for filling needed Reserve billets

Sgt. Jimmie Perkins
MARINE CORPS RECRUITING COMMAND

Marine Corps Recruiting Command recently announced the Transitional and Prior Service Recruiters of the Year for fiscal year 2003. The Prior Service Recruiter of the Year is Staff Sgt. Sean Kennedy, PSR Site Worcester, Mass., 1st District. The Transitional Recruiter of the Year is Staff Sgt. Phillip M. Reimers, 7th Transitional Recruiting Office, Camp Lejeune, N.C.

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Both Marines expressed their pride for receiving these recognitions. “Given that I have only a year and a half on the street as a recruiter, it is a really big honor,” said Reimers. “It’s always very rewarding to be recognized as the best at what you do, but when you factor in the competition of this elite organization we proudly call our Corps, it’s even more rewarding,” said Kennedy.

These Marines fill vital roles in sustaining the ranks of the Selected Marine Corps Reserve by keeping highly trained Marines within the fold of the Marine Corps while providing placement and work for Marines whose active duty service has come to a close.

Transitional recruiters inform all Marines leaving active duty about the opportunities available to them in



Staff Sgt. Sean Kennedy, Prior Service Recruiting Site Worcester, Mass., 1st District, was named the 2003 Prior Service Recruiter of the Year. For former Marines with a period of separation greater than 30 days, Prior Service Recruiters such as Kennedy provide information and assist former Marines in entry into the Selected Marine Corps Reserve.

the SMCR. This is often done through career counseling sessions and Transitional Assistance Program classes. Transitional recruiters also can assist Marines with less than 30 days of separation time with orders to a local reserve unit.

“It is important to educate the younger Marines that they still have a reserve obligation after their first

term, and that if they chose, they can fulfill that obligation with a paid job serving in a reserve unit near their home,” said the Billings, Mt., native.

For Reimers the task was made challenging by the impact of Operation Iraqi Freedom and the Global War on Terrorism.

“My biggest challenge last year was the stop-loss order, because

nobody got out for about six months,” said Reimers. “There were also some OIF veterans who were hesitant about transitioning to the reserves and redeploying back to Iraq so soon with reserve units.”

“But there are also many Marines who are looking to the reserves as an opportunity to deploy and participate directly in the Global War on

Staff Sgt. Jonathan Agee

Anger management class helps local Marines control responses

Lance Cpl. Brian Kester
STAFF WRITER

Just about everyone has experienced anger in one form or another. For some, an anger management class is a means to learn new methods for dealing with their issues.

Marine Corp Community Services—South Carolina offers an Anger Management class to Tri-Command Marines, sailors and their family members once a month at the Depot MCCS-SC Building. The class is designed to help participants distinguish and separate the emotion of anger from the actions that follow it.

“Anger is normal and appropriate,” said John Abney, the MCCS-SC prevention specialist who teaches the class. “We have individuals who are coming into an environment where everything is dictated to them and those individuals will have some growing pains that they will need to manage.”

Abney said not everyone deals with growing pains the same way.

“Areas dealing with authority are the most common because most people don’t want to give up or feel that they are giving up control,” he added.

When control is the issue at hand, Abney said that some choose to maintain it voluntarily, while others need a push in the right direction.

“I took the anger management and stress management classes three months ago,” said Cpl. Ligel Lambert, Parris Island Band member. “They helped me to recognize that there were repercussions to certain actions and it helped me deal with stresses and the way I respond to them.”

Class participants are prompted to attend the class for various reasons.

“Some come because they want to get the information,” said Abney, who has a master’s degree in social work. “The rest come because they have been directed. They have already had an incident that exhibited these behaviors, and the command has recognized that they need help to resolve them.”

According to Abney, some of that resolve can come through simply recognizing the problem. “One of the best things that individuals can do is realize that unless they deal with their issues, they are not going to get any resolve,” said Abney. “They will suppress them and hold them in, and they are not going to go away.”

Abney suggests bringing the emotion itself to the forefront and finding

ways to deal with it before it arises.

“The common framework for dealing with anger is to identify what anger is and how you can manage your behavior,” he said. “You are ultimately responsible for your behavior. Knowing that anger is an emotion, and that it causes behavior that is learned, you can learn new behaviors in order to respond to it that are positive and beneficial for you.”

Those new behaviors will be a substitute for those associated within an individual’s personal belief system, said Abney.

“A person can not really talk about anger without bringing in the past,” said Abney. “Your driving force for how you respond to a situation has actually come from your past. The behaviors and things that you have observed in your childhood, from your parents

and the environment you grew up in are where you learn your value system.”

If the behavior is not beneficial on a long-term scale then make the change, he said.

According to Abney, agreeing to disagree is a great acknowledgement during an argument that people can use to step back and rethink an issue.

“It is always important to listen to the whole story and address the issues,” he said. “If you can’t agree on it this moment, then by all means, be able to say we can’t come to an agreement right now, but lets agree to get back with this tomorrow.”

Lambert was able to find new insight into situations by utilizing some of the techniques Abney taught.

“I learned to step back and look at the personal aspects of the situation and of the person who is making me mad,” said Lambert. “I tried to put myself in their shoes.”

Abney teaches that shutting down defenses and letting people in can help a person address a concern and deal with it.

“In a professional setting, most people don’t want to take down their guard and say, ‘the way that you spoke to me was offensive’,” said Abney. “Rather than dealing with that issue they will just go away angry.”

“The person who actually said it may not even realize that what they said affected you in that way simply

What causes anger?

The Self Care book on anger provides common causes of it.

Stress – Stress related to work, family, health and money problems may make you feel anxious and irritable.

Frustration – You may get angry if you fail to reach a goal or feel as if things are out of your control.

Fear – Anger is a natural response to threats of violence, or to physical or verbal abuse.

Annoyance – You may react in anger to minor irritations and daily hassles.

Disappointment – Anger often results when expectations and desires are not met.

Resentment – You may feel angry when you have been hurt, rejected or offended.